

What is claimed is:

1. Refined sesame oil having a sesamin content of 1% by weight or more and showing no bitterness.
- 5 2. Refined sesame oil having a sesamin content of 1% by weight or more and a sesaminol content of 0.2% by weight or less.
3. Refined sesame oil having a sesamin content of from 1% to 3% by weight and a sesaminol content of 0.15% by weight or less.
- 10 4. A method for the production of refined sesame oil according to Claim 1 or 2, comprising using active carbon as an absorbent in a bleaching step.
5. A method for the production of refined sesame oil according to Claim 1, 2 or 3, comprising controlling a bleaching
15 temperature in a range of from 5 °C to 70 °C in a bleaching step with the use of activated clay as an absorbent.
6. A method for the production of refined sesame oil according to Claim 1, 2 or 3, comprising controlling a bleaching
20 temperature in a range of from 5 °C to 70 °C in a bleaching step with the use of activated clay of from 0.1 to 3% by weight as an absorbent.